

ANNUAL NARRATIVE REPORT

NAVAJO COUNTY  
ARIZONA

DECEMBER 1, 1954

to

OCTOBER 20, 1955

B y

ANNE B. SHUTE  
Home Demonstration Agent

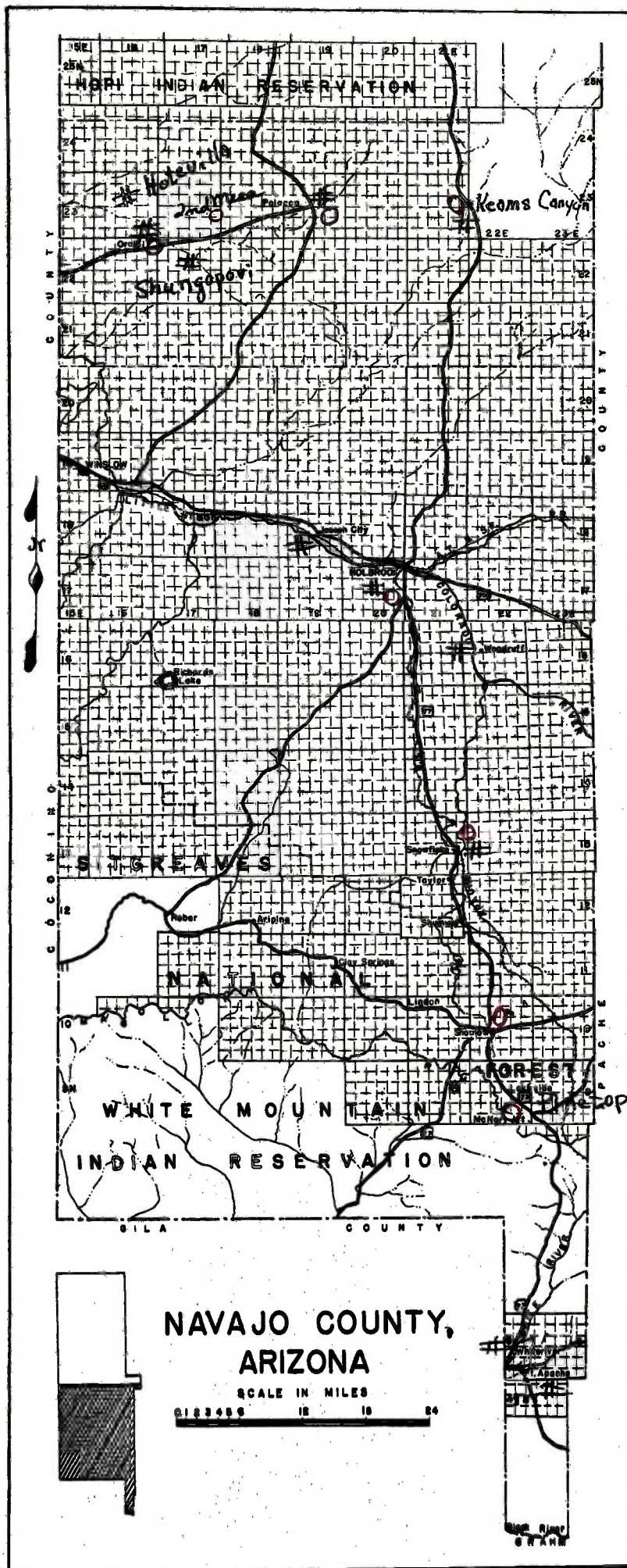
## TABLE OF CONTENTS

I. GENERAL	Page
Map	1
Description of County	2
Chart - County Organization	4
1955 Outlook	5
II. PROJECTS	
Extension Organization and Planning	
Homemaker Clubs	7
Relief Societies	9
Publicity and Bulletins	10
U. S. Indian Service	11
Officer Training	12
Program Planning	13
In Service Training	16
Nutrition	
Plentiful Foods Letter	17
Food Selection and Preparation	
Easy Entertaining LTM	18
Training School	19
Clothing and Textiles	
Style Selection	21
Sewing Machine Clinic	22
Community Life	
Pest Control	24
County Fair	25
Home Management	
Utensils for Surface Cookery	28
Family Relationships	
Emotional Development of Children	30
III. APPENDIX	
4-H Summary of Project Work	31

# HOME DEMONSTRATION WORK

Ft. Apache	86
Joseph City	11
Keams Canyon	74
Lakeside	55
Oraibi	105
Polacca	88
Showlow	47
Snowflake	27
Whiteriver	82
Woodruff	12
Pinetop	59
Shungopovi	105
2nd Mesa	101
Hotevilla	111
Toreva	98

No. of miles from  
Holbrook.



○ Homemaker Clubs  
# 4-H Clubs

## DESCRIPTION OF COUNTY

Navajo County is located in the Northeastern part of Arizona. It is approximately 300 miles long and 60 miles wide. It ranges in altitude from 4,500 to 7000 feet. The climate is pleasant in the summer and fall but cold, damp winters made travel into the rural parts of the communities hazardous and the dusty springs present many problems to the homemakers. The Southern part of the county is becoming an important summer camping and fishing area and hunting area in the fall. About 60 per cent of the county is Indian Reservation territory for the Navajo, Apache, and Hopi Tribes. Another large section of the county is government owned as Sitgreaves National Forest. According to the 1950 U. S. Census only about 18.6 per cent of the land in the county is privately owned.

Agriculture is the basic industry of the county. Cattle and sheep are the leading products. Sheep are chiefly raised by the Navajos on the Reservation. In the Snowflake-Taylor area vegetables such as carrots and cucumbers are being grown, while Joseph City is primarily known as a dairy and poultry headquarters. Sawmills, tourist trade, construction work, railroading, mining, provide employment for the non-agriculture population. Approximately 80 per cent of the farmer population derive their major income from non-agriculture pursuits.

Holbrook, the county seat with a population of 3000, and Winslow with a population of 8000 are the shopping centers for the county. Showlow, with its fast growing population, will soon become another important center.

The county is becoming more aware of the necessity for improving health and sanitation facilities. There is a sanitary engineer employed by the county and by the city of Winslow. There are four doctors in Winslow and two in Holbrook. There are two dentists in Winslow, one in Holbrook, and one in Showflake. There is a hospital in Winslow, one in Holbrook and a maternity clinic in Showflake. There are also Indian Service hospitals at Keams Canyon, Winslow and Whiteriver.

There are seven dairies which pasturize milk located at Winslow, Joseph City, Holbrook, and Taylor. In the outlying rural towns, such as Clay Springs, a few individual families own cows, but very few pasturize their own milk. Many of the families in the county grow their own vegetables in the summer and freeze their surplus using their own home freezers or locker storage plants.

There is a small library at Showlow sponsored by the PTA and Business and Professional Women's Club. A movement has started in Holbrook through the Women's Club and the BPW to establish a local library there. There is not much awareness of the value of a public library and interest is very low.

The dominant religion is the Church of Jesus Christ of Latter Day Saints. The Relief Society organization which is the women's auxiliary has a heavy program throughout the winter months. The summer months are free from church planned programs and provide an excellent time for meetings. The L.D.S. women are so busy with this church work that it is difficult to get them to attend meetings outside their own community.

## NAVAJO COUNTY ORGANIZATION OF HOME DEMONSTRATION WORK

	Number	Enrollment
<del>Number</del> of Communities Carrying Adult Work	13	
Homemaker Clubs	8	117
L.D.S. Groups	8	577
Farm Bureau	5	53
Other	-	--
4-H Girls Clubs	24	295

Navajo County Has U. S. Indian Service and LDS Relief Societies which cooperate.



## COUNTY OUTLOOK FOR 1955

General Outlook

The general economic outlook for the County in 1955 has much improved over last year. There has been a great deal of rain during the spring and summer. Although the area was declared a drouth region during June, the July rains caused a great improvement in the pastures. There is a continuing improvement in the business outlook and an improved and optimistic attitude in all parts of the county.

Homemaker Clubs

There are three homemaker clubs in existence in the central part of the county, at Holbrook, Snowflake, and Pinetop. There is a feeling that the homemakers need more help in the planning of programs of their clubs. There is a drop in the enrollment which needs to be combatted by a better balanced continuing program over the whole year. In Snowflake there is a feeling among the club leaders that they should combine with the Relief Society in order to get better attendance at meetings. Perhaps leader training programs can be worked up by the agent and presented in more than one part of the county. The distances are very great and the agent feels that many times it is difficult for women to spare the time and money to get to these training meetings.

U. S. Indian Service

It was reported last year that the Indian Service at Keams Canyon had created a new position for the home economist. Mrs. Juanita Kavena filled the position until the first of June this year. She organized four or five homemaker clubs among the Indians and five or six 4-H clubs. The position of home economist at Whiteriver was abolished as of the first of January. The Whiteriver Indian Service did not cooperate with the Home Demonstration program as much as with the 4-H since it was felt that the Indian women at Ft. Apache were not quite ready to work with our program.

Food Project Work

There is high general interest in Food and Nutrition work in the county. Women are always interested in new ideas in cooking and meal planning and especially in using the lower cost cuts of meat. There can be additional work done with freezing but many parts of the county have not taken part in the Extension work in this subject that has taken place in other years. Each year many families fill their lockers with wild turkey cuts, beef, venison, and elk meat. Of course, many families also have kitchen gardens and freeze their home products.

### Clothing

There is a good outlook for the clothing program in this county. Those programs that have been held in the last few years such as pattern alterations and making better dresses have reached a small minority of the women and the agent feels that this project of construction can be carried on and brought to many other sections of the county. It can be noted at the county fair that standards are quite low and this is because most of the people have not had formal training in clothing construction.

### Home Management

There has been great interest in the homemangement program carried during the last year. Part of that was Color in the Home and Room Arrangement, the other part was on selecting Utensils for the Kitchen. The utensils meeting was part of the LDS program but it was offered to the Holbrook Homemakers as a demonstration meeting. The homemakers seemed to feel that this was a very worthwhile subject.

### Community Projects

This is a very difficult project to interest the clubs in. Pine-top has been especially good at community projects, since the leader got interested in a community center and also a school lunch program. In Snowflake the church is the community project. The women devote all their time to the betterment of the church. In Holbrook the women there are already working on community projects through their other organizations. They adopt small monetary projects such as buying tooth brushes and tooth paste for the Indian children, but they do not care to concentrate on a large project.



## EXTENSION ORGANIZATION AND PLANNING

### Homemaker Clubs

Homemaker Clubs provide a way of reaching large numbers of rural women who desire to keep up with the newest information and best methods in homemaking and community life.

#### Purposes

1. Development and improvement of the rural woman, her home, and her community.
2. To study and put into practice the best information on various phases of homemaking.
3. To cooperate with the Extension Division of the University of Arizona in making such information available.
4. To promote desirable home and community life.

#### Method

Until three or four years ago there were no Homemaker Clubs organized in this county because the majority of the rural women belonged to the L. D. S. Church which conducts a home-making program of its own. Within the last few years, clubs were finally organized at Holbrook, Snowflake, Showlow, and Lakeside.

The Lakeside and Showlow Clubs disbanded, and the Holbrook and Snowflake are continuing. Recently the attendance at Snowflake club meetings has started to drop off considerably and some of the club leaders have expressed the idea of combining the homemaker clubs and the Relief Society in order to have better attendance at the meetings. However, the interest expressed by these leaders in the program outlined at Program Planning Day makes the agent think that they may continue to take advantage of all the Extension Programs rather than just those to fit in with the LDS Program.

The Holbrook Club lack aggressive leadership, as does Snowflake. The agent needs to assist these women in building up the club membership and getting new people into the club and perhaps developing leadership among them. The Holbrook women are busy with work of several other organizations, PTA, Women's Club, Lioness, etc. These same women are community leaders in other projects that come along such as voting days, and community concert drives, etc. They do not have the time to devote to the homemaker club. Last the agent received a request to organize a club at Pinetop. The club president there is a fairly aggressive young leader but she is tied up in several other community projects and her full interest is not with the homemakers. There is also a lack of general interest in the community but the agent feels that with further work this club could be built up.

Evaluation

1. The Homemaker Club presents the most ideal methods for disseminating information. The present Homemaker Clubs should be fostered but more work should be done through the Relief Societies. The Relief Societies reach a greater percentage of the women in the county than do the homemaker clubs.
2. The Homemaker Clubs are only as strong as their leadership. As the clubs continue in existence, one finds that the same group of women from each club attend all the county meetings. Leadership must be encouraged and trained.
3. The Clubs need a well-balanced program that occupies the majority of the year. In a few instances they have been able to carry out meetings on their own but they are not capable of doing so to any large extent.
4. Membership in the groups is dropping off slightly and the club leaders should be encouraged to hold membership drives and invite new comers to the community and young mothers to attend the meetings.

## EXTENSION ORGANIZATION AND PLANNING

### L.D.S. Relief Societies

The majority of the women in the rural communities of Navajo County belong to the L.D.S. Church and are enrolled in the Church Relief Society. These groups meet every Tuesday or one day a week from September to May and many continue through the summer. There is one meeting each month devoted to a home-making lesson. This program is planned by the church authorities and all church groups study the same topic. It has always been the policy of the Extension in this county to work with the Relief Society leaders as closely as possible. These leaders are invited to come to our Program Planning Day in order to request training in the topics they will have to teach. They are encouraged to seek the assistance of the Agent and this office by requesting demonstrations, bulletins, and file material for the lessons.

In this county there are fifteen Relief Societies. Mrs. Perry Baldwin of Taylor is the president of the Stake and is responsible for the overall planning. Mrs. June Hatch and Mrs. Francis Shumway are the work counsellor for the Stake and the work leader. They have been very cooperative in the past year in working with the Agent. Mrs. Shumway is responsible for teaching the work leaders of all the wards. She gives them help with planning their homemaking lessons. Mrs. Shumway is young and very cooperative and anxious to get as much help as possible from the Extension Service. This year she attended Program Planning Day and will have a better idea of what we hope to accomplish by working with the Relief Societies.

Each of the fifteen groups also has a president and two advisors, and a work leader. All these people are on the agent's mailing list and receive the plentiful foods and notices of all county training meetings and planning meetings letters.

During the past year the Relief Societies have obtained many bulletins from the office and a special lesson on Utensils for Surface Cookery was planned to meet their needs. Four Relief Societies participated in the training and one other Relief Society borrowed the county kit to help present the lesson. Relief Societies also participated in easy entertaining meetings where Showlow, Lakeside, and Snowflake were represented. The outlook for cooperation with Relief Societies in the coming year is very encouraging. There were several Relief Societies represented at the Program Planning Day in September and they assisted in planning and voting for the general county program. It was explained that the Relief Society leaders are welcome to participate in this program and if they didn't feel they had time to represent these lessons at Relief Society meetings their leaders might have home meetings where each demonstrated to a group of five women.

## EXTENSION ORGANIZATION AND PLANNING

Publicity

The Holbrook Tribune News and the Winslow Mail are the two weekly newspapers in the County. The Winslow paper does not print news or feature articles prepared by the agent but occasionally an article from the Information office at the University is printed. The Holbrook newspaper is quite cooperative although not quite reliable in printing meeting notices. Occasionally homemakers have used the bulletin board program of KVNC to announce reminders of meetings. The Arizona Farmer women's writer, Mrs. Pat Harrell was in the county during July and the Agent assisted her in making several contacts.

The Arizona Republic office prints meeting notices in the small town news.

Bulletins

The agent has felt that the supply of office bulletins does not reach the majority of the people in the communities. This year two bulletins were sent out with circular letters. The first was the Chili Pepper bulletin which was sent out with a monthly circular so that the coverage was limited. This just went to LDS leaders and Homemaker Club members. However it was well received and the homemakers found that there were many good ideas in the bulletin.

The new bulletin High Altitude Cakes was sent out to the entire mailing list and the agent has received many additional requests for this bulleting. There are quite often new people coming into the communities who need help with high altitude cookery

## EXTENSION ORGANIZATION AND PLANNING

United State Indian Service Homemaker Clubs

There are four homemaker clubs located on the Hopi Reservation. The agent, Mrs. Juanita Kavena, left the service in early June. Two of the clubs at least are carrying on a program in her absence, Polacca, and Second Mesa. The Indian Service Agent believes that the Indian Service Extension will soon be taken over by the State Extension Service and they are anxious to cooperate and familiarize their women with the state program. They bring their leaders to our training meetings to build leadership in the Indian communities. They do not always participate in the county meetings however, because they feel that the problems of the Indians differ in many respects than those of the white women.

This year Indian leaders have attended the meetings on Style Selection and in Program Planning. They attended the Program Planning without an Indian Agent and participated and made their requests for help known. They also participated in voting for the county program and planned to participate in it.

The program for homemakers on the Apache Reservation has not materialized this year in the absence of a Home Economist. This position was abolished as of the first of January.



## EXTENSION ORGANIZATION AND PLANNING

### Officer and Project Leader Training Meeting

An officer and project Leader Training Meeting is held each year in February to strengthen the club program by training leadership. The Extension program is explained as well as the duties of club officers and leaders.

#### Purposes

1. Guidance for new leaders and project leaders of Homemaker Clubs.
2. Analysis of general problems of club management.
3. To review parliamentary procedure and practice it.

The third annual Officer and Leader Training meeting for the Homemaker Club leaders was held at the home of Mrs. Vivian Stratton on Thursday, February 24. There were eight women present representing Holbrook, Snowflake, And McNary Clubs. None of the Indian Service Groups were represented. This year the program was planned especially for the club officers. After observing the Homemaker Club meetings for the past two years, the agent felt the officers were unsure of Parliamentary procedures that make club meetings run quickly and smoothly. The object of the training was to review parliamentary procedure and especially to practice it.

In the morning the State Leader and agent discussed the Homemaker Club programs concentrating on the business meeting and the rules of Parliamentary procedure. After lunch the women drew slips of paper listing club responsibilities. Each one practiced the procedure for opening a club meeting, nominating, making motions, and voting. At the end of the meeting there was a noticeable improvement in the ability of the individuals to use parliamentary procedures. Several of the women mentioned feeling more at ease now with the club business meeting procedures.

#### Evaluation

1. The agent attended a few club meetings during the year, notably a meeting of the Holbrook Homemakers in February and again in July and a meeting of the Snowflake Homemakers in March. The presidents seemed somewhat more at ease in their rolls, but a great deal more practice is needed before they become adapt at handling a snappy club meeting.
2. The agent recommends that additional training meetings be held on this subject.

Those attending the Homemaker Club meeting were Holbrook, Mrs. Dortha Ericson and Mrs. Henrietta Paulus, Snowflake, Mrs. Goldie Foster, Mrs. Viva Hatch, and Mrs. Vivian Stratton, and McNary, Mrs. Eula Mae Sample, Mrs. Minnie Johnson, and Mrs. Lollie Morrow.

## EXTENSION ORGANIZATION AND PLANNING

### Program Planning

#### 21 Women Representing Six Communities Attend Program Planning Day, September 28 in Snowflake

A Program Planning Day is held in order that a group of leaders from all parts of a county and members of the home demonstration staff may meet together to plan cooperatively the home demonstration program.

### Purpose

1. A cooperative and democratic selection of a program.
2. To plan a balanced program which meets the needs of the Homemaker Club members of Navajo and Apache counties.
3. To promote understanding of how the Extension Service can help meet the needs of all rural people.

### Method

#### Advance Planning

Program Planning for the 1956 program began in July when the agent prepared a program planning letter sent out to all homemakers and LDS Leaders on August 1. A general letter was sent to every homemaker reviewing the problems covered in the past four years and also the high interest subject at the 1954 program Planning Day which were not covered in the 1955 program. Then pages of questions on foods and nutrition, clothing, and the homemakers fields, the homemakers were asked to make a few notes on these fields and bring these notes to their club Program Planning Day in August. The project leaders and club officers were sent still another letter giving them a preview of background information in their fields. This information was prepared by the specialists at the University.

Home Management leaders were given another assistance in planning their program in the form of a mimeographed questionnaire. They were asked to interview the people at their club meeting or several of their homemakers about their problems in the home management field. From this questionnaire they were asked to base their program.

A special letter was sent out to the LDS people enclosing a list of the LDS meetings planned for the coming season and outlining the ways in which the Home Demonstration Agent could assist the work leaders. The LDS Leaders were invited to come to the Program Planning Day. Letters were sent out in September listing the meeting places and times. The agent and state leader conferred in July concerning this program planning meeting. The two former years the agent has worked in the county there have been combined Navajo and Apache County meetings. This year we felt with the decline in the Homemaker's program in Apache County the agent could give more help to the rural people of the county through the Relief Society program. Therefore, a separate Program Planning Day was planned for Apache County. The only true homemaker club in Apache county is located in McNary and they prefer to attend Navajo County train-

ing programs and work along with the Navajo County program.

### Program Planning Day

Twenty Homemaker Club officers, project leaders, and LDS Leaders representing eight communities attended the Program planning Day held Wednesday, September 28 at the LDS Church in Snowflake. Miss Jean Stewart, State Home Demonstration Leader, assisted the agent in planning and carrying out the events.

The meeting opened at 10 AM with a short program of songs from the Homemaker sponsored song book "Arizona Sings". Miss Stewart was trying out the use of records as a teaching device for singing at club meetings. Then a short analysis of a home demonstration program was outlined by Miss Stewart and then the women broke up into chatter groups to discuss the various projects such as Clothing, Foods, and Home Management. Several of the women rotated among the groups because all organizations were not represented on each panel. At the close of the morning session each group made their recommendations for the 1956 program, outlining six or eight different interest fields.

After lunch each group, club or Relief Society discussed these programs and made recommendations on two from each subject matter field. This selection of projects was scattered for the most part and the State Leader plans to analyze the needs of the county before deciding upon a final program.

Those attending the event were Miss Ima Jean Harris, Home Economist at Chinle; Helen Adams and Rilla Allen of the Relief Society of Winslow; Emily Baldwin of the Taylor Relief Society, and Francis Shumway of the Taylor Relief Society and the Stake Relief Society; Dortha Ericson and Leola Alley of the Holbrook Homemakers; Vivian Stratton and Viva Hatch of the Snowflake Homemakers; Melba Turley, Bess Ericson and Adele Ballard of the Snowflake LDS Relief Society; Katherine Tootsie, Marcella Kahe, and Florence Nayiatewa of the Polacca Homemakers; Mildred Lamoukie, Martha Sewieyumptewa of the Second Mesa Homemakers; and Ula Mae Sample, Jean Cook, and Jean Stroebel of the McNary Homemakers.

### Evaluation

The agent feels that fine cooperation and thinking on the part of all the women in the county will produce a good well-balanced program for the coming year. There were more representatives of the Relief Society present than ever before and they were as much interested in the other parts of the Extension program as in their own foods work. Although most of the people did fit in on the foods panel discussion in the morning. The Relief Society is becoming more aware of the help that the agent can give them through the discussions the agent has already held as well as the information given them by the state leader. The agent believes that the programs planned for the 1956 year will be better attended especially by Relief Society people since they have assisted in planning for the meetings.

The State Leader also discussed a new method of LDS cooperation. These leaders feel they often cannot spare the time at these meetings for the Extension programs. Therefore, the State Leader suggested that the delegates sent to the Leader Training Meetings might repeat these lessons to about five women in their own homes, therefore fulfilling their obligation to the Extension Service and also repeating the lessons to as wide a number of people in the community as possible.

#### WOMEN ATTENDING PROGRAM PLANNING DAY IN SNOWFLAKE

##### LDS RELIEF SOCIETY

- |                     |                     |
|---------------------|---------------------|
| 1. Helen B. Adams   | Box 62, Winslow     |
| 2. Rilla S. Allen   | 418 W. Oak, Winslow |
| 3. Emily H. Baldwin | Taylor              |
| 4. Melba Turley     | Snowflake           |
| 5. Frances Shumway  | Taylor              |
| 6. Adele Ballard    | Snowflake           |

##### HOMEMAKER CLUBS

- |                         |                    |
|-------------------------|--------------------|
| 7. Dorothea Ericson     | Holbrook           |
| 8. Leola Alley          | Holbrook           |
| 9. Mildred Lomaukie     | Box 6, Second Mesa |
| 10. Vivian Stratton     | Snowflake          |
| 11. Viva Hatch          | Snowflake          |
| 12. Katherine Tootsie   | Polacca            |
| 13. Mabel Dashee        | Box 1, Polacca     |
| 14. Martha Seiewyumtewa | Second Mesa        |
| 15. Marcella Kahe       | Polacca            |
| 16. Florence Nayatewa   | Polacca            |
| 17. Bess Stroebel       | Box 592, McNary    |
| 18. Eula Mae Sample     | McNary             |
| 19. Jean Cook           | McNary             |

##### U. S. INDIAN SERVICE

- |                     |        |
|---------------------|--------|
| 20. Ima Jean Harris | Chinle |
|---------------------|--------|

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

July 26, 1955

Dear LDS Leader:

1956 Program Planning Day will be held September 28.

As Home Demonstration Agent for Navajo County, I am here to help you with your Relief Society Homemaking lessons. There are several different ways I can assist you: by supplying bulletins and other printed materials; by presenting lessons at your meetings; and by arranging leader training meetings.

This spring many of you took advantage of my leader training meeting of Utensils for Surface Cookery. Did it help you in presenting the lesson at your Relief Society meeting? We can have similar lessons this next spring if you want them.

I am enclosing a list of Relief Society lessons for the 1955-56 year. You counsellors and work day leaders may want to talk over which of these problems you want special help with. Then come to Program Planning Day September 28 and request the project.

I'll be looking forward to seeing you then.

Sincerely,

*Anne B. Shute*  
Anne B. Shute

Home Demonstration Agent



ABS:jt  
43c.  
Enc.



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

August 1, 1955

Today's Home Builds  
Tomorrow's World



Dear Homemaker:

What homemaking problems do you want help with? Your homemaker club program for 1956 should be based on your needs.

Tell us what you want at your club program planning meeting in August and at County Program Planning Day, September 28.

The enclosed information should help you to think through your problems. Jot down any ideas that occur to you and bring them to your club meeting,

Sincerely,

*Anne B. Shute*

Anne B. Shute  
Home Demonstration Agent

ABS:jt

65 c.

# PROBLEMS WE HAVE COVERED 1952-55

1952	1953	1954	1955
<u>Foods</u> Spending Food Dollar Frozen Food Pressure Cooker Clinics  <u>Home Management</u> Living Room Clinic Money Management  <u>Clothing</u> Buying Clothing Mending	<u>Foods</u> Freezing Foods Your Money's Worth in Food  <u>Home Management</u> Your Kitchen as a Workshop Improved Home Lighting  <u>Clothing</u> Pattern Alteration  <u>Others</u> Child Care Landscaping	<u>Foods</u> Use of Pressure Sauce- pan Pressure Cooker Clinics  <u>Home Management</u> Color Schemes Room Arrangement  <u>Clothing</u> Making Better Dresses Sewing Machine Clinics  <u>Community</u> Pest Control Public Health Nurse	<u>Foods</u> Easy Entertaining Broiler Meals  <u>Home Management</u> Selection of Pots and Pans  <u>Clothing</u> Style Selection Ready-made Look  <u>Community</u> Pest Control

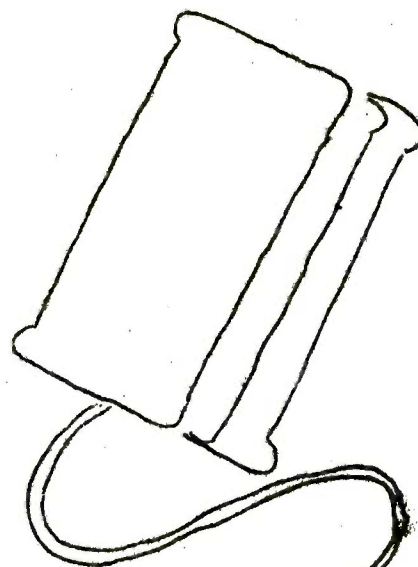
## HIGH INTEREST SUBJECTS AT 1954 PROGRAM PLANNING DAY

<u>Clothing</u> Care of New Fabrics Wardrobe Planning Buying Clothing for Family	<u>Foods</u> Buying and Preparation of Less Expensive Cuts of Meat Outdoor Cookery New Breakfast Menus	<u>Home Management</u> Budgeting Wood Finishing  <u>Community</u> Securing Public Health Nurse Red Cross Home Nursing
---	--	---

## What Are Your Clothing Problems?

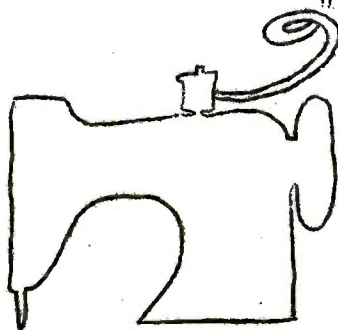
### Buymanship:

1. Do you know what and where to look for good construction in ready-to-wear?
2. What specific garments present problems when you buy? Is selection of accessories a problem to you?
3. Do you seem to never have the right clothes for the right place? Do you plan your wardrobe?



### Construction:

1. What's your major difficulty when making your own clothing?
2. What is your problem in sewing for others in your family?
3. Are you interested in saving time when sewing?
4. What type of clothing would you like to be able to make?



### Health and Comfort:

1. Do your feet hurt? Do you have difficulty in finding shoes for self and children?
2. Are house dresses comfortable that you make? Do they give you comfort as you work?
3. Can you purchase comfortable foundation garments?
4. Good grooming can be had for little money and helps to make you well-dressed. Do you have best grooming habits?

### Equipment:

1. Do you have equipment and a place to sew?
2. Do you make best use of your machine? That is, do you know how to use many simple attachments?
3. Do you know how to press different kinds of fabrics?
4. Would you like to make a simple sewing cabinet for small sewing equipment?

### Do You Have Other Problems?

1.  
2.

3.  
4.

What Do You Want to Know About Food Preparation and Nutrition?

1. How about your food habits? Are you among the best fed mothers? Are the food habits of adolescent girls in your county good?
2. What kind of breakfast does your family have? Could it be better?
3. Is your home milk supply pasteurized?
4. Is overweight a problem in your community?
5. Are you interested in learning the nutritive value of foods? How many calories, how much protein, how much calcium, vitamin C and B vitamins are needed every day for health?
6. Do all homemakers in your community buy only enriched flour and bread products or products made with 100% whole wheat?
7. Do you have problems baking cakes and bread at high altitudes?
8. Are you buying meats by grade? Do you prepare the less tender cuts and lower grades of meat so that your family enjoys eating them?
9. Is it time for a pressure canner clinic? How long since pressure gauges were checked?

Get down other ideas here.

- 1.
- 2.
- 3.
- 4.



COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U.S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

May 1, 1955

# *Let's Eat Plentiful Foods*

Dear Homemaker:

There's plenty of good eating in store for Arizona families during May. And, outdoor barbecues can be cleaned and put into use.



Beef and young chickens head the list of plentiful foods this month. This means lots of tasty hamburgers, grilled steaks, barbecued chicken, or fried chicken for picnics.

Other foods plentiful for the month include fresh and processed oranges and grapefruit, small-sized prunes, and raisins. And you can expect to find a good supply of potatoes, milk and other dairy products, rice, lard, pork, vegetable fats and oils, frozen fish fillets, halibut, and canned tuna in most markets.

Sincerely,  
*Anne B. White*  
Anne B. White  
Home Demonstration Agent

ABS:rs  
250 c.



## EXTENSION ORGANIZATION AND PLANNING

### In Service Training

#### Home Demonstration Agent's Conference Held in June

The agent attended the Home Demonstration Agents' Conference held at the University of Arizona Campus in Tucson on June 1, 2, and 3. The outstanding feature of the conference was the home visit. The home visit gives an opportunity for a personal contact with families in the county. Since the purpose of the program is to serve people it is necessary to know and understand them first.

The agent must have some background information before the home visit.

1. She must know something about the agriculture of the area.
2. The Economic conditions of the family.
3. A few of the more important problems of the area.
4. How to deal with people.

Miss Grace Ryan, Home Management Specialist, discussed the condition of the families we might visit. She compared the difference between standards and levels of living. It was the consensus of opinion that standard is the pattern of living. It combines all the things the family insist upon having. But the standard doesn't always indicate the level of living. The level of living would be the commodities and the housekeeping, etc., actually found in the home.

Some time was given the last day of the conference to a forward look at our work. First Question, "With Whom Will We Work?" We have an obligation to the rural people. We need to (1) examine our counties, (2) reach young homemakers, and (3) possibly reach migrants.

The next question was "How Will We Work in Groups?" (1) Mass media, (2) the leader method which delegates work and contributes to the growth of the leader, in other words it helps people to help themselves. Perhaps some techniques we are using can be discarded.

Next question, "What Will We Teach?" We need to teach applied principles rather than techniques. Other questions were "How Will we be Prepared and Assisted With our Teaching?" and "How Will We Check the Effectiveness of our Teaching?"

Next, each agent was requested to state her objectives for the 1956 year. This agent felt that she should cover a broader area of the county and reach more people. We all needed to plan time and energy a little better and to integrate subject matter by pin-pointing basic information.

## NUTRITION

### Plentiful Foods Letter

A list of Plentiful Foods is sent out each month to the mailing list.

#### Purposes

1. To assist homemakers in planning menus.
2. To suggest money-saving food bargains.
3. To offer bulletins which instruct in buying and preparing plentiful foods.

#### Method

The U.S.D.A. list of plentiful foods is sent out at the beginning of each month to the mailing list of Homemaker Club members, LDS Relief Society Officers and other cooperators. Approximately 250 women are reached in Navajo County by this letter.

This information for the letter comes from the U.S.D.A. via the Extension Information office. It is written as a news article and very few changes are made other than to add a cartoon and change the format to letter style. Sometimes this same information is printed in the agent's column but the local newspaper cannot be depended upon to print the information when it is current.

#### Evaluation

Little comment is heard about the plentiful foods letter from the women because they take it more or less for granted. It is popular, however, and the State Leader reported that an Apache County woman who had moved to Gila County wished to be continued on the mailing list in order to receive this letter. A copy of this letter is included with the report.

### High Altitude Cake Bulletin

In June the new bulletin, "High Altitude Cakes" prepared by Lucinda Hughes, Yavapai, Coconino Home Demonstration Agent, was sent out to the mailing list. The agent felt this would be a valuable bulletin for every homemaker in the county to own, since all of Navajo County is above 4000 ft. in altitude. New homemakers especially have problems with cake baking while more experienced cooks know how to adjust sea level recipes. Approximately 250 women in Navajo County received a copy of this bulletin during June.

## FOOD SELECTION AND PREPARATION

Fourteen Leaders attend Easy Entertaining Training Meeting at Lakeside

One of the more popular projects carried during the year was the lesson on Easy Entertaining, which featured buffet meals.

Purpose

1. Teach skills and organization for preparation of entertainment.
2. Teach that entertainment can be a pleasure for the hostess as well as the guest.
3. To review table manners.
4. Serve food attractively, conveniently, and economically.
5. Give sons and daughters social training.

Method

Much interest was aroused in the project on entertaining given by the agent and nutrition specialist, Mrs. Elsie H. Morris, at Lakeside on March 23. There were 14 leaders in attendance at this meeting representing the communities of McNary, Pinetop, Lakeside, Showlow, Snowflake, Holbrook, and Chinle. The people from Lakeside and Showlow and one from Snowflake represented LDS Relief Societies. Attending from Chinle was Miss Ima Jean Harris, Home Economist. The remainder of the women were homemaker club project leaders.

In addition to the notice contained in the monthly letter sent out at the first of March, leader training notices were mailed to homemaker club foods leaders and LDS Relief Society presidents, on March 12. Copies of this letter are contained in this report. The women were encouraged to do some advance thinking about the meeting since they were requested to bring with them a place setting, table decorations, and a magazine clipping.

The meeting was opened with a discussion "Reasons for Using Buffet Service as A Method of Entertaining More Easily." (1) Homes in Arizona are small; buffet service is an easy way to serve many people, (2) buffet service leaves hostess free to be with guests.

Since the homemakers had arranged their place settings, the nutritionist lead a discussion on correct table settings and color and texture combinations. The women felt that they learned a great deal from this simple discussion. Most of the women are very anxious to learn correct procedures.

Next types of buffet service were discussed and the menus of the day were analyzed for ease of serving and eating. Then committees were appointed to set the table and prepare the meal. The women tried to practice what they had learned about table manners as they served themselves at the buffet table and while eating. In the afternoon committees from each community planned how they would give back the demonstration and what menu they would use. These reports were given to the group as a while. Then pictures of buffet service were analyzed. The women found that most magazines are arranged for photographic purposes rather than for easy buffet service. They learned that they must practice what they know is correct and not rely completely on magazines.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona  
Holbrook

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

March 12, 1955

# The Party Line

Memo to Homemaker Club Foods Leaders  
and L.D.S. Relief Society Presidents

Easy Entertaining is the subject of the next Extension Service Leader Training Meetings. Mrs. Elsie Morris, Nutritionist, will present the demonstration in which buffet service will be emphasized.

Homemaker Club Foods Leaders and Relief Society Chairmen are invited to attend. It is best to have two come from each organization. (Relief Society Presidents should pass this notice on to their Social Chairmen)

<u>Day</u>	<u>Date</u>	<u>Place</u>	<u>Time</u>
Tuesday	March 22	LDS Kitchen, Eagar	10 A.M.- 3 P.M.
Wednesday	March 23	LDS Kitchen, Lakeside	10 A.M.- 3 P.M.

For this demonstration you will need to bring:

1. Pressure saucepan.
2. Place setting - mat or cloth, silver, dishes, glass, cup and saucer, napkin, etc.
3. Table decoration - some small thing, preferably native bushes, plants, etc.
4. Magazine clippings of buffet service.
5. Cotton dress and/or apron.

You may want to bring this meeting back to your club as your party for the members. But it's a lot of fun when you all work together to prepare it, too.

Sincerely,

*Anne B. Shute*

Anne B. Shute  
Home Demonstration Agent

ABS:rs  
Enc. 1  
cc: Homemaker Club Presidents  
30c.





Evaluation

The Lakeside Relief Society representatives reported that they held a buffet meal for the Relief Society members at their regular meeting.

The Pinetop leaders asked their women to attend that meeting and several attended from Pinetop. However, the Pinetop leaders plan to use the recommended type of buffet service at community meetings.

The Snowflake leaders have not as yet repeated this meeting, while the agent assisted Mrs. Del Spaulding of Holbrook in presenting the meeting for the Holbrook Homemakers. The women felt capable of teaching the buffet service but they did not feel confident in commenting on manners or in judging table setting. The agent has heard many comments from different women on how much they enjoyed that meeting and how much they gained from it.

<u>COMMUNITY</u>	<u>NAME</u>	<u>ORGANIZATION</u>
<u>Navajo County</u>		
Lakeside	Irene Hayes	LDS Relief Society
	Arretta Fish	LDS Relief Society
Showlow	Lavieve Geiger	LDS Relief Society
	Velma Smithson	LDS Relief Society
Snowflake	Goldie Foster	Homemaker Club and
	Adele Ballard	LDS Relief Society
Pinetop	Nola Poer	Homemaker Club
	Carrie Calhoun	Homemaker Club
Holbrook	Del Spaulding	Homemaker Club
<u>Apache County</u>		
McNary	Ula Mae Sample	Homemaker Club
	Zollie Morrow	Homemaker Club
	Minnie Johnson	Homemaker Club
	Jean Cook	Homemaker Club
Chinle	Ima Jean Harris	U.S.I.S.

Agent Attends Training School at University in February

1. The workshop was designed to give the agent special training in table setting and buffet service techniques since several of the agents were carrying the same project in their county during the year.
2. The workshop was designed to give specialist training to the agents so that they would either carry on their own leader training meetings or be better prepared to assist the specialist in presenting her leader training meeting.



### Method

The agent spent three days at a training school in Tucson conducted by Mrs. Elsie Morris, Extension Nutritionist. Also attending the workshop were Mr. Ruth Linner, Pima County Home Demonstration Agent, Mary Etta Gaskill, Cochise County Home Demonstration Agent, and Miss Madeline Berley, Agent-at-large.

The first two days of the conference were given over to discussion of easy entertaining methods concentrating on buffet service. The agent practiced and discussed simple family table service and manners. In the course of two days of conference the agent was able to plan a leader guide bulletin and leader report for the project on easy entertaining.

The last day of the conference was spent preparing for a project on "The Use of Broilers." This project was held over from the previous year when the women requested work on broilers and pressure saucepans. The agent narrowed the field to pressure sauce pans and decided to work on broilers this year. This lesson was to be given by the agent early in October but the agent is leaving the Extension Service. Perhaps it could be added to the 1956 program.

It is felt that the women do not fully use the many advantages of their kitchen ranges. Especially neglected is the broiler. There are advantages to using the broilers, especially for meat. Since the fat is melted out and runs off the meat into the drip pan, the meat contains fewer calories.

Special emphasis was placed on buying meat in regard to government inspecting and grading. We conducted a very interesting experiment on grades of meat. At a local store we selected a USDA choice chuck steak one inch thick. The butcher strongly advised against broiling this cut since it tends to be tough. However, we chose a well-marbled piece of meat and sprinkled tenderizer on it 30 minutes before cooking. The meat was broiled at 350° temperature about 2½ inches from the flame. Certain sections of the meat were not tenderized. There was a noticeable difference in these sections, however, all the meat was fairly tender. A small piece was brought to the butcher and he could hardly believe that a chuck steak could be so tender. He planned to take the next cut of chuck home to his wife that night.

### Evaluation

The agent felt that the workshop was extremely helpful. Previously, although the agent was expected to carry the second leader training meeting held in the two counties she had knowledge of the subject matter until two days before the meeting. By working on the entertaining project a month before it was to be given in the county the agent felt more sure of herself. However, the nutritionist did assist the agent considerably especially in discussion of manners and table service. Part of the workshop on broiling was especially helpful to the agent since she had no previous knowledge on correct broiling techniques.

## CLOTHING AND TEXTILES

### Style Selection Meeting

Meetings were held in Pinetop, Snowflake, and Holbrook on Style Selection in the spring.

#### Purpose

1. To help women appear well-dressed.
2. To teach proper selection of styles for each figure type.
3. To encourage self confidence and poise in women.
4. To teach that cost is not a factor in appearing well-dressed.

#### Method

From the request at program planning day last year for work on style and color selection the agent and specialist planned a single meeting on style selection planning to follow up with color on a later date. The agent and Miss Church, Clothing Specialist, worked one day in the county preparing visual aids. The next day a meeting was held with the Holbrook Homemakers.

By using an illustration of rectangles, the specialist demonstrated the change horizontal, vertical, diagonal, and curved lines make in identical rectangles. For instance, vertical lines appear to lengthen while horizontal lines usually widen it. The women were advised to analyze the garments they make or buy as rectangles and consider what changes the lines and trimmings of the garment might make.

The specialist then helped the women analyze their own figure types by asking three women of the same height to stand up before the group. By placing tape across their shoulder, waist, and hip lines, the audience was able to analyze them for waist length, shoulder length, etc. Then using silhouettes of 12 general figure types, the specialist and women discussed and analyzed magazine clippings which illustrate becoming styles for each type.

There were 14 women present at the meeting with the specialist and nine at the meeting in Snowflake and six at the meeting in Pinetop. These two meetings were presented by the agent.

In April, Mrs. Sarah Myhovich, program chairman for the Holbrook Linness Club, requested the agent to present a demonstration at their club meeting. The agent suggested the Style Selection program and presented this demonstration for nine club members at their evening meeting on April 7. This was the first that an outside group had asked for the agent's help at a club meeting. The women were especially interested in the fashions for each figure type and several took notes about clothes that would be appropriate to their figure.

### Evaluation

At the demonstration meetings the women seemed very interested in analyzing their figure types. It would have been more helpful to have a full length mirror for them to actually see by comparison. Many women it was found had mistaken ideas about their figure types. Many thought they had wide shoulders when actually their shoulders were narrow. Others felt they were long waisted when actually they were short waisted. It showed that it was very difficult for an individual to analyze her own figure and it was very helpful to compare with other women of the same height.

### Sewing Machine Clinic Held in Winslow

Winslow LDS women requested special help from the agent.

### Purpose

1. To teach women mechanics of caring for and repairing their machines.
2. To promote economy by self-servicing.
3. To restore old machines to working capacity.

### Method

Mrs. Jessie Smith of the Winslow Relief Society made arrangements with the agent in July to conduct a sewing machine clinic at the Winslow Relief Society meeting on August 2. Through letters the women were advised what equipment they would need and the amount the amount of time necessary to complete the cleaning and adjusting of the machine.

Using charts the University had prepared, the agent worked with the women as they dismantled sections of their machine at a time and separated the various parts into little cupcake tins. Each of these parts was cleaned thoroughly, replaced, and oiled. First the women tackled the upper left-hand of the machine, then the right-hand side, and then the underneath part, including the bobbin.

Upon completion of this work and a thorough oiling, each woman adjusted the tension until the stitch was at least as good as her original. This part of adjusting tension was the most difficult of all.

### Evaluation

1. The women had much more self-confidence about cleaning and adjusting their machines than before the meeting.
2. They learned how their machines operate and how a stitch is made.
3. It can be asumed that many more of the machines will have a much longer life because the women have given them a thorough cleaning and can continue servicing the machines themselves.

REPORTS FOR  
WINSLOW SEWING MACHINE CLINIC  
August 2, 1955

	Machine	Years Old?	Round Bobbin?	Using Machine?	
1.	Helen Adams	Singer Electric	9	Yes	Yes
2.	Rilla Allen	Singer Tredle	10	Yes	Yes
3.	Hazel Bruchman	Singer Electric	5	Yes	Yes
4.	Edra Hancock	Singer Electric (Portable)	27	Yes	Yes
5.	Ida Hunt	Franklin Electric made by White	15 plus	Yes	Yes
6.	Fontella Randall	Singer Electric	3	Yes	Yes
7.	Roberta Tanner	Singer Tredle	30?	Yes	Yes
8.	Grace Castleberry	White Rotary	50	Yes	Yes

## COMMUNITY LIFE

### Household Pest Control Meeting Held

Household pest control meetings were held in two communities in April.

#### Purposes

1. To learn newest methods to control destructive and disease carrying household pests.
2. For the Extension Service to learn which of the recommended practices were most successful.

#### Method

The request for work on household pests came from the 1953 Program Planning Day. At that time it was decided that two communities in the county would carry the pest control meetings each year. Holbrook and Snowflake held these pest control meetings in 1954 and the service was extended to Winslow and Pinetop in 1955.

Mrs. Rilla Allen of the Winslow LDS Relief Society was chairman of the Winslow meeting. Mrs. Allen advertised this meeting through the KVNC bulletin board program and through posters and announcements at various community meetings. The Winslow meeting was held at the LDS Church. There were 17 in attendance.

At Pinetop the meeting was held in the home of Mrs. Blanch Burum. Eight women from Pinetop and Lakeside attended the meeting. Dr. J. N. Roney, Extension Entomology Specialist, conducted the meeting. Dr. Roney followed very closely his household pest bulletin and discussed and demonstrated pest control. He showed how to use insecticides around the house such as sprinkling dust around drawer liners, spraying around kitchen sinks, forcing paradichlorobenzene fumes under wall-to-wall rugs with a vacuum cleaner attachment.

#### Evaluation

The agent has heard many fine comments from the Winslow and Pinetop women concerning this meeting. Mrs. Rilla Allen felt it was one of the most helpful meetings she had ever attended. Through the request of the County Agent and the homemakers, local stores are now carrying more of the recommended insecticides. The demonstration showed homemakers how to use insecticides without danger to children, pets, or foods. This demonstration could well be extended to other communities in the county next year.



## COMMUNITY LIFE

Navajo County Fair Held in September

The Navajo County Fair Women's section was better organized and conducted this year than in any previous year.

Purpose

1. The County Fair shows the activities and homemaking projects carried on by local women.
2. There is an educational value in that articles are judged according to standard score cards.
3. There is a social value in the fair when women from all parts of the county meet and work together.

Method

The Agent again asked Mrs. Belle Tanner of Joseph City to be the women's superintendent. The agent felt that Mrs. Tanner would benefit from the experience she had the previous year. Mrs. Tanner also is interested in the county fair. She exhibits both in clothing and foods and occasionally in the agriculture section. Early in July Miss Jean Stewart and the agent visited Mrs. Tanner to assist her in organizing the fair. It was suggested that letters be written to various people in the county who might assume chairmanships of divisions. Other women were suggested to help on these committees but the committee chairman was asked to select her own workers. Mr. John Miller, Secretary of the Fair Commission, was asked to appoint community chairman. He did so by writing letters to women in each community asking them to encourage people in their towns to enter in the County Fair. Mrs. Tanner did a lot of talking in the various LDS meetings she went to, and Mr. Miller assisted us by talking especially about the special display of squaw dresses we hope to have at the fair this year.

The agent also contacted Mr. Miller concerning changes in the women's department. We had hoped to use the full half of the display room for the women's section and move the flowers to the stage opposite the door. However, the flower division chairman, T. F. Reidy and W. E. Gregory, County Agent, could not agree to this change. Perhaps another year, if work is started earlier, the men might agree to the change.

The agent requested a special display rack for quilts. This was not obtained but Mr. Miller arranged the whole back wall of the building for a squaw dress display. Also a new type of sloping shelf was built to display the handiwork exhibits. People have said, however, that more space is needed to display the clothing articles adequately.

Irene Nutting Appointed to Fair Commission

Several days before the fair the agent contacted Mr. Arthur Whiting, Chairman, concerning having a woman on the Fair Commission. He agreed that this was a good idea that the men had not thought of before. A few days later the agent saw Mr. Ben Hunt of the Board of Supervisors and asked him about the matter. Mr. Hunt also thought this a good idea and asked the agent to recommend someone. Mrs. Irene Nutting was recommended to a place on the commission. On September 15 Mr. Hunt confirmed Mrs. Nutting's acceptance of the position. The agent feels that this is a great step forward in promoting the women's division of the fair because Mrs. Nutting has had experience as women's superintendent for several years previous.

County Fair Assistants

The people chosen by Mrs. Tanner to assist at the Navajo County Fair this year did such a fine job that the agent feels they should be mentioned in the report and perhaps asked to help again another year. Mrs. Rilla Allen of Winslow was chairman of the entries section. Mrs. Allen is a fine organizer and selected her own committee helpers, two of whom were Mrs. Fontella Randall and Mrs. Ida Mae Hunt.

Irene Nutting was chairman of the decorations committee. Dorothy Palmer, Blanche Hatch, Del Spaulding, and Dorothea Ericson were among those who assisted her. Perhaps another year more thought should go into a decorating theme. However, these women were responsible for covering the tables with crepe paper and brown paper. This year also they were responsible only for the women's section rather than for the whole fair grounds.

Mrs. Arretta Fish of Lakeside was in charge of arranging the exhibits and she brought with her Mrs. Irene Hayes, Mrs. Carrie Calhoun, and Mrs. T. R. Fleischeur. All of them worked very hard in all sections of the fair.

Mrs. Alice Gardner was chairman assisting the judges. Most of the committee on arranging displays helped out on this also.

Mrs. Adèle Ballard and Elaine Westover worked on registering exhibits.

Blanche Hatch was chairman to the clothing judge and Mrs. Del Spaulding was secretary to the foods judge. Mrs. Ruth Linner, Pima County Home Demonstration Agent, judged the clothing exhibits, while Miss Madeline Barley, Agent-at-large, judged the foods. Miss Barley had a large audience of women around of her as she judged these exhibits. She did a lot of fine teaching. Mrs. Linner's audience was smaller but they were equally interested in the reasons she gave on her clothing judging.

Entries and Exhibits

This year there were more entries in all divisions except canning. The entries in this division were affected by the loss of fruit in the spring frost.

We tried to feature squaw dresses at this years fair. Many more were expected than were actually exhibited. There were approximately seven dresses displayed. Four local stores awarded purchase order prizes to the dresses. It might be worth while to continue this contest a second year to check whether there is an increase in the number of entries. There was quite a bit of interest in the extra prizes. Mr. John Miller obtained special lighting for this exhibit this year.

There was a considerable increase in the baked goods entries also this year. Both of the display cases were completely filled with entries.

The Navajo County Fair carried the National Crochet Contest again this year and Miss Lena Koury of Holbrook won the Gold Loving Cup for her crocheted bed spread.

Evaluation

1. The interest in the county fair is very high. The fair superintendent and the agent have both been asked many questions concerning the judging. Much more can be done to display score cards and invite people to participate in the judging at the fair. The volunteers who worked were well informed as to their duties and the spirit of cooperation was very good. The premium listings of the fair are somewhat limited and the amount of money awarded to some of the entries does not compare with some of the other divisions of the fair. An equal division of premium among the different classes would encourage more competition.

Agent Judges at Coconino County Fair

The agent spent one day in September judging at the Coconino County Fair at Flagstaff. This is the second year that the agent has judged at this fair in the clothing division. The set-up was much improved over last year and the workers on the committee were very helpful. The quality of all the exhibits were very high which made judging very difficult. There was a large increase in the number of exhibits over last year.

## HOME MANAGEMENT

### Utensils for Surface Cookery Leader Training

LDS Leader Training Meetings on Utensils for Surface Cookery were planned for the month of April.

#### Purpose

The major purpose of the meeting was to establish a pattern of cooperation between the agent and the LDS Relief Society leaders. This training meeting demonstrated the one type of assistance the agent could give the LDS Leaders with their meetings.

#### Method

In January the agent and the State Leader met with Mrs. Farr Whiting and Mrs. Gordon Cowley in St. Johns to discuss cooperation between the Home Demonstration Agent and the Relief Societies. Having the agent's schedule in mind it was decided to plan a Leader Training Meeting on Utensils for Surface Cookery. The agent felt she did not want to give an agent demonstration to the Relief Society but rather use their own leaders and show them how we could help them be better teachers.

On March 4, the agent had a special conference with Miss Grace Ryan, Home Management Specialist at the University. The purpose of the conference was to give the agent training in selection of utensils. The specialist assisted the agent in preparation of a leaders' guide for the lessons to be given in April. She also provided the agent with an expensive of sample pots and pans.

During March the agent discussed these lessons and arranged for meeting places in Lakeside and Joseph City. The first leaders training meeting was held at the Lakeside LDS Church with three leaders from Lakeside in attendance, Mrs. Irene Hayes, Mrs. Arretta Fish, and Mrs. Coral Webb. The second meeting was April 27 at the Joseph City LDS Church with six attending. They represented Holbrook, Joseph City, and Winslow Relief Societies. These leaders were Mrs. Rilla Allen, Mrs. Jessie Smith, Mrs. Elaine Westover, Mrs. Belle Tanner, Mrs. Sarah Mae Hansen, and Mrs. Lucinda Farr.

The agent introduced the topic with some work simplification charts. These principles were: Sit Down to Work, Use Both Hands, Combine Tasks, and Use the Best Tools. "Use the Best Tools" was the theme for the meeting. Next, materials used in making pots and pans was discussed from the heat conductivity aspect. Five women held the ends of some metal strips while a cord was heated at the opposite end. Those who were forced to drop the metal strip first, realized that strips of metal conducted the heat best.

Next there was a discussion of the classification of pans, aluminium, stainless steel, iron, tin, glass, enamel and pottery.

The leaders were given a check sheet where they could check the disadvantages of each type and thus rate their usefulness.

Next there was a discussion of the construction features and the women were given another check sheet with which to rate the pans they had brought to the meeting. Demonstration outlines and three information sheets were passed out to the leaders.

#### Other Meetings

Mrs. Bessie Ericson of Snowflake borrowed the kit from the Agent to present the leaders lesson for the two of Snowflake Relief Societies. The agent also met with the four members of the Holbrook Homemaker clubs in July to give a method demonstration.

### HOME FURNISHINGS

#### Room Arrangement Meeting Held

During the month of December, 1954, the agent presented two demonstrations in Snowflake and Holbrook on Room Arrangements. This program was continued from the general fall program in Navajo and Apache counties. The Extension Specialist, Miss Grace Ryan, had presented that demonstration to the Pinetop Homemakers and the agent was repeating it. Eight women attended the Snowflake meeting and nine attended the Holbrook meeting. An outline of the material taught at the meetings is contained in the 1954 report.



## FAMILY RELATIONSHIPS

### Emotional Development of Children

Four meetings were held in the county with Homemaker, Relief Society, and PTA groups on the Emotional Development of Children, during the months of January and February.

#### Purpose

1. To assist mothers in understanding their children.
2. To understand that feelings control behavior.
3. To learn what personality traits children develop along with physical growth.

#### Method

Because the homemaker program should contain work on family relationships, Miss Jean Stewart, State Home Demonstration Leader, presented discussion meetings at the January meetings of the Homemaker Clubs at Pinetop, Holbrook, and Snowflake. During the discussion Miss Stewart outlined the characteristic physical development of children at various ages and suggested ways in which parents could assist children in developing the emotions characteristic of the various readiness periods. As she talked the homemakers filled in the outline with ideas and from all the meetings the agent compiled an outline and sent it along with the bibliography on available literature on child development to the entire homemaker club enrollment.

Following these meetings LDS Relief Society members who had attended the Holbrook meeting reported to the Relief Society president about the subject matter covered. Mrs. Madge Shelley contacted the agent to request that the meeting be repeated at a combined Relief Society and PTA meeting in Holbrook. Mrs. Shelley and Mrs. Eula Koury, PTA President, arranged for a meeting place at the Holbrook Elementary School. This follow-up meeting was held early in February.

#### Evaluation

The interest shown by the women in the discussion was very gratifying. They presented many fine ideas on developing emotions in children. The fact that the agent received the request to repeat the meeting is typical of the interest.

COOPERATIVE EXTENSION WORK  
IN  
AGRICULTURE AND HOME ECONOMICS  
State of Arizona

University of Arizona  
College of Agriculture  
U. S. Department of Agriculture  
and Navajo County Cooperating

Holbrook

Agricultural Extension Service  
Home Demonstration Work  
County Agent Work

January 24, 1955

"UNDERSTANDING CHILDREN"



Dear Homemaker:

Here is the summary of your ideas from our January meetings on "Understanding Children".

The emotions of trust, independence, initiative, industry, etc. can be developed anytime during our lives. There is, however, a "readiness" period when they are developed easily and naturally. Notice that I have outlined on the bottom half of the page the things you can do to help your child develop the emotion characteristic of his age group.

How you can use this outline:

1. In your own home - discussion with your husband.
2. Over the fence - conference with neighbors.
3. Other groups - church and social.
4. Help parents and youth workers to understand youth problems.
5. Further study and reading of printed materials from the enclosed bibliography.

Sincerely,

*Anne B. Shute*

Anne B. Shute  
Home Demonstration Agent

ABS:rs  
Enc. 2  
65c.

# SUMMARY OF MEETINGS ON UNDERSTANDING CHILDREN

Navajo and Apache Counties, January, 1955

SUMMARY OF MEETINGS ON UNDERSTANDING CHILDREN									
Navajo and Apache Counties, January, 1955									
INITIATIVE									
INDUSTRY									
IDENTITY									
INTIMACY									
PARENTAL SENSE									
INTEGRITY									
INDEPENDENCE									
TRUST									
Infant	Toddler	Pre-School	Early School	Pre-Adolescence	Adolescence	Young Adult 18 - 25	Adult		
Dependence	Imagination Questioning Creative period Curiosity Busy Exploring Selfish	Industrious Learning to play with others Becoming indi- vidual Busy playing Starts new ac- tivities	Gang stage Learning iden- tity as male or female Crushes - hero worship Rapid growth Bad conscious	Dating Preparation for marriage Lack judgement Self conscious	Marriage period Interested in children Idealistic Creative Industrious	Controlled indi- vidual Can meet life with confidence and success Trust Faith Optimistic Independent Initiative Industrious Identifies self Intimate in family circle Responsible Fair and just Sense of values			
Give attention to needs Never fail him Love him Self-demand feeding schedule	Allow him to learn Give him free- dom within limits of safety Be consistent Be patient Avoid over-pro- tection Balance permis- siveness against rights of others	Teach him the difference be- tween fantasy and truth Let him play out feelings Answer questions Praise good points Patience Attention Accomodate him somewhat Encourage him to share	Help him to finish what he starts Teach him good sportsmanship to face failure Give him chores let him choose Don't be too critical Encourage shy child	Help him to learn identity as male or fe- male Teach girl to be happy with her role. Give her pretty clothes Do not make household tasks seem a drudgery Teach that men and women do not compete - that each has a role to play Give a choice of chores - not all dirty work Do not tease	Give them broad experiences Create situations where sexes mix Have home parties Discourage going "steady" Educate to sig- nificance and consequences of petting Teach responsi- bility in home- making & money management Be patient Do not tease	Help them to get married Bill recog- nizes needs of wife and chil- dren Provide finan- cial assistance if necessary			

Emotions Characteristics What You Can Do To Foster Emotion

## UNDERSTANDING CHILDREN

Reference bulletins you can send for:

### Life Adjustment Booklets

Science Research Associates  
57 W. Grand Avenue, Chicago 10, Illinois  
Single copies 40 cents - Three for \$1

Better Living Series - parents, leaders

Emotional Problems of Growing Up  
Explaining Children's Interests  
Let's Listen to Youth  
Guiding Children's Social Growth  
Self-understanding a first step to understanding children  
What are your problems

Life Adjustment Series - for youth

Understanding Yourself  
Getting Along with Brothers and Sisters  
How To Live With Parents  
Money and You  
Getting Along With Others  
Growing Up Socially  
Dating Days  
Looking Ahead To Marriage  
Understanding Sex

### Public Affairs Pamphlets

Public Affairs Committee, Inc.  
22 E. 38th Street, New York 16, New York

So You Think It's Love  
Making the Grade as Dad

### Pocket Book - on newstands - 35 cents

Infant and Child Care by Benjamin Spock

### Federal Publications (Available free at County Extension Office)

Federal Security Agency  
Social Security Administration  
Children's Bureau  
Washington 25, D. C.

Guiding the Adolescent  
Your Child from 1 to 6  
Your Child from 6 to 12  
Prenatal Care  
Infant Care



## SUMMARY OF 4-H PROJECT WORK IN HOME ECONOMICS

Project work in Home Economics has been of extremely high quality considering the lack of leadership training given in the past years in the county.

The 4-H program suffers considerably in this area due to the fact that clubs are organized in the spring and continue only through the summer months. There is a great deal of difficulty found in trying to keep the girls interested and keep up regular attendance at meetings in the summer while many children are away on vacations. Also, often the program is not arranged so that the project work is finished in August and in September when school starts the children are no longer interested.

A great deal is to be gained from organizing the Home Economics clubs in the fall.

This year there was a large enrollment of Hopi children and the Home Economist, Juanita Kavena, trained the leaders. The children did all of their work at club meetings which were held every week after school, but from the quality of the work it was easy to see that all of the projects were done by the children themselves without outside help.

On the Apache Reservation the Home Economist was leading all the clubs and resigned from her job in January and adult leaders were solicited to continue with the clubs. There was quite a bit of difficulty in completing the girls. There has been a pattern of giving a great deal of help to these children. The perfection of the projects indicates that some adult help has been given, although many people have said that these Indian girls have a natural talent for sewing.

Within the county there were four first year clothing clubs organized in Holbrook and two first year clubs in Snowflake and one in Joseph City.

The agent gave special training to Mrs. Thelma Richards, Mrs. Gwen Leopold, Mrs. Ralph Lewis, Mrs. Doyle Nester, Mrs. Betty Carragher, on constructing sewing boxes. Mrs. Hazel Hakes, the other first year leader, had had experience in making sewing boxes. A training meeting conducted by Miss Church emphasized pin cushions and aprons.

The quality of work done by the girls was very high. The ribbons at the county fair in September were scattered out among all the clubs indicating that the leaders had had good basic training. There was only one second year club at Snowflake and one advanced club in Holbrook carrying second, third, fourth, and fifth year projects.

Girls need to be encouraged to continue on in 4-H work to the advance project work. Mrs. Eula Koury, the advance leader, has had a great deal of experience in clothing work and she is very interested in the 4-H program. The change of 4-H club Roundup from June to August has helped the program in the county very much. The agent was able to schedule a demonstration trial



to schedule a demonstration training meeting which girls from Holbrook attended as well as a few from the Sanders club in Apache County. Of course, all the other clubs were invited to participate.

Also the judging at the contest day was of better quality than previously because the girls had already made most of the projects they judged. Most of the first year girls lacked only their apron.

There were three first year foods clubs organized in the county, one in Snowflake, and two in Holbrook. The leaders found that they had the usual trouble that the interest lagged during the summer vacation. In Holbrook it is very difficult to hold club meetings during the school months because the children are so busy. One mother was explaining that her daughter was kept after school three nights a week for twirling practice, the fourth night she went to dancing school and the fifth evening was spent at Catechism. Most of the children have a similar schedule which does not leave too much time for project work. The Snowflake school schedule is not quite so crowded but the children do have a great deal of church work they are responsible for.

The agent strongly recommends that club organization take place in the fall and the concentration on project work to continue through the winter months and be completed by the end of school. The summer could be devoted to final completion of projects, record books, community projects, health, safety, etc. A great deal of time during the summer is given over to 4-H Camp and Roundup and the agent does not have the opportunity to attend club meetings then.

There is need for further training of leaders by the agent. The agent feels that selection of leaders is the key to successful club work.